

OF SAVINGS!



We'll Be Closed Monday, July 4th

Opening

ale Is Still In Progress . . . We
by Offering These Sensational
Food Bargains . . .

me and get em! We've got em!

WATERMELONS

WATERMELON SALE!

You pick em!
All sizes!
Red-Ripe!
Cool, Luscious,
and Sweet!

WHOLE MELONS
39¢ EACH

PORK & BEANS

HUNT'S
Favorite For
Outdoor Eating
28 oz. Cans

2 FOR 25¢

Fresh Eggs

DUNDEE
Grade AA
Doz.

37¢

Lemonade

WESTWOOD
Frozen, 6-oz. Can

11¢ FOR 1

CUCUMBERS 2 for 15c
FRESH CORN 5¢
MUCKER'S preserves
10-oz. Jars **5¢ FOR \$1**
Pint Can **29¢**
10-lb. Bag **99¢**

U.S.D.A. GRADE A CALIFORNIA GROWN

FRYING CHICKEN

Fresh! **WHOLE BODY 33¢ lb**

CUT-UP CHICKENS 37¢
All Your Favorite Parts

LEGS 49¢ **THIGHS 53¢** **BREASTS 59¢**
Plump Juicy Barbecue Favorite Grill Size

Lean Juicy **39¢** Chicken Wings 29¢ Livers 79¢ Backs & Necks 9¢ Gizzards 35¢

GROUND Beef 39¢ **SLICED Bacon 55¢**
Luer's Quality 1-lb. Pkg.

FULLY COOKED HAMS 39¢ lb
Table King or Farmer John Gold Label
SHANK PORTION 5-6 lb. Avg.

SHANK HALF 47¢ **WHOLE HAMS 49¢** **BUTT PORTION 53¢** **CENTER SLICES 89¢**

VON'S Shopping Bag

DUBUQUE-CANNED HAMS

FROM THE LAND OF CORN 5-lb. CAN **3.95**

LUER'S or SWIFT'S PREMIUM FRANKS All Meat 1-lb. Pkg. **49¢**

POTATO SALAD 33¢ **AMERICAN CHEESE 59¢**
Our Own Kitchen Fresh, Pr. Ctn. Sliced Loaf Luncheon Favorite

FRESH HALIBUT Center Steaks 49¢
FANCY SHRIMP Cooked & Peeled 6-oz. Pkg. 49¢

VON'S and Shopping Bag

Hwy. at Calle Mayor

PRICES EFFECTIVE THURS., FRI., SAT., SUN.
JUNE 30, JULY 1, 2, 3
Limit Right Reserved—Tax Added to Taxables



AFTER-SCHOOL SNACK—Of cheese-date-bran bread sandwiches and milk is a delight to the teen-ager. It also helps meet daily food needs of the active youngster.

Teen-agers Enjoy Healthful Snack

Surprise your teen-agers with an after-school snack of freshly baked cheese-date-bran bread sandwiches and milk.

This wholesome snack helps to meet the daily food needs of active teen-agers, by making a positive nutritional contribution instead of providing empty calories — so typical of many snacks. This snack combines foods from three of the four food groups (cereals, milk, and fruit) recommended in the U.S. Department of Agriculture pamphlet "Essentials of an Adequate Diet."

During April the Cereal Institute and the American Dairy Association join in the Seventh Annual Spring Cereal and Milk Festival to promote the nutritional value of cereal and milk. The cereal and milk serving, or the ingredient use of this valuable team, can make a worthwhile contribution towards making up some of the inadequacies of teen-age diets.

Cheese-Date-Bran Bread
2½ cups flour
½ cup sugar
3½ teaspoons baking powder
1 teaspoon salt
1 cup shredded American process cheese
½ cup chopped dates
1¼ cups milk
1 egg, beaten
¼ cup melted fat
1 cup whole bran cereal

Sift flour, sugar, baking powder, and salt into bowl. Add cheese and dates. Combine milk, egg, and slightly cooled fat. Add to dry ingredients and stir until dry ingredients are moistened. Fold in cereal, being careful not to over-mix. Pour into well-greased loaf pan (8½x4½x2½ inches) and bake in moderate oven (350 degrees F.) until done, about 50 minutes. Cool in pan five minutes and turn out on rack to finish cooling. Yield: One loaf.

Brownie Gems Suit Outdoor Informality

Brownie Gems, cupcakes which suit outdoor informality, also may be prepared conveniently ahead of time.

Made with semi-sweet chocolate morsels, they have a rich chocolate flavor and agreeably chewy consistency favored by everyone. Recipe is planned for three dozen gems so you'd better borrow small muffin pans or plan on several batches.

1 6-ounce package (1 cup) semi-sweet chocolate morsels
½ cup butter

½ cup sugar
2 eggs
1 teaspoon vanilla
½ cup sifted all-purpose flour
¼ teaspoon baking powder
¼ teaspoon salt
½ cup finely chopped nuts

Put semi-sweet chocolate morsels and butter in top of double boiler. Heat until melted and mix until smooth. Remove from heat. Add sugar; mix thoroughly. Add eggs, one at a time, beating well after each addition. Stir in vanilla. Sift together flour, baking powder and salt; add to chocolate mixture and mix until blended. Stir in nuts.

Turn into small muffin pans. Bake in a moderate oven, 375 degrees, 10 minutes. Cool five minutes; remove from pans. Frost, if desired, with chocolate or vanilla confectioners' sugar frosting.

Stuff Celery For Real Treat

Many a good dinner starts with ice-crisp celery or finds celery in a relish dish. Celery gets stuffed with lovely rich well-seasoned mixtures. It goes into salads and meat and poultry stuffings. It gets carried to school and to work. It gets cooked.

No wonder! Americans crunch away almost 1½ billion pounds of this zesty vegetable in the course of a year. And where does most of it grow? Right here in our own environs.

One of our area's popular ways with celery stuffing is to combine 2 3-ounce packages cream cheese and 2 tablespoons dairy sour cream. Blend in 3 tablespoons finely chopped chives, ½ teaspoon salt and 1/16 teaspoon garlic powder. Fill crisp celery stalks neatly with a knife or press cheese mixture through a cake decorators' tube. Serve chilled as an appetizer or salad accompaniment. Will fill about 18 celery stalks which you'll want to cut into 3 or 4 inch lengths.

Treat the family to stuffed celery more often. Fine nutrition for growing children.

Spring Party Luncheon Tips Offered

A spring luncheon party is a good way to bring together friends who may have been separated during the winter months. Doubtless your home is sparkling in its freshness after the seasonal clean up. Somehow you feel like having a little celebration.

So get out your best china and your prettiest luncheon cloth and select a gay and dainty color scheme.

Food is important for hospitality, as every hostess realizes. Even for a luncheon, it must be fairly substantial. Also you want something out of the ordinary, a bit "party-ish."

Finding just the right dish may require a little searching. Reba Staggs, home economist, suggests beef stuffed tomatoes or green peppers for this occasion.

For six servings the following recipe may be used:

Beef-Stuffed Tomatoes
2 cups coarsely ground cooked beef
½ cup finely chopped celery
1 tablespoon finely chopped onion
1 tablespoon lemon juice
½ cup mayonnaise
½ teaspoon salt
6 medium tomatoes
¾ cup crushed potato chips

Combine the cooked ground beef, celery, onion, lemon juice, mayonnaise and salt. Remove slice from tops of tomatoes and scoop out centers. Stuff tomatoes with meat mixture and top with crushed potato chips. Bake in a moderate oven (375 degrees F.) for 20 to 25 minutes.

When green peppers are substituted for tomatoes, they are prepared by removing a slice from the tops and scooping out the seeds. Cook peppers in boiling salted water for 5 minutes, then stuff with beef mixture and other ingredients and bake.

Order More Milk For Weekends, Advice for Month

June Dairy Month celebrants remind us that running down to the store for another gallon of milk isn't what it used to be. Nowadays one has to "roll out the family chariot, argue about which teenager gets to drive it, then eventually wait in line at the check-out counter. "Think" it through! Summer is here! More children at more meals. More refrigerator raiders. Father gets thirstier, too.

It seems a good idea to step up the standing milk order for the weekend if dairy foods are home delivered. Pick up additional supplies along with the regular weekend shopping if you're a pickup buyer.

Incidentally, families who have milk delivered at the door drink and use far more milk than those who pick it up at the store; ratio of 19 to 6. This seems to prove that families use more milk when it's easily available.